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HAIZ(MENSES) KA BAYAAN (EPISODE 15-22)

TAAREEF(DEFINITION)

Haiz ke lugwi maane(literal meaning) behne ke hai. Istelaah e shareeyat meiN haiz us khoon ko kehte haiN jo ba-taur aadat aurat ke rahm(uterus) se har maheena maaloom auqaat mein baGair kisi beemaari ke aata hai. Agar aurat haamela ho jaaye to yeh khoon qaarij nahiN hota hai bal ke isi khoon se bache ko Giza milti hai.

Haiz ke zarye kisi laDki ki buloogat saabit hoti hai. Haiz ke zarye kisi aurat ka haamela na hona bhi saabit hota hai.

HAIZ AANE KI UMR

Haiz aane ki umr 9-50 saal hai. Agar 9 saal se kam umr laDki khoon dekhe to wo haiz nahi hai. Agar 9 saal ki laDki aisa khoon dekhe jo haiz kehlaane ke laayeq ho to wo haiz hai. Agar 50 saal ke baad koi aurat khoon dekhe to wo khoon e haiz nahiN hai chaahe wo arab ki aurat ho(zaad e aakherat meiN is tarah likha hua hai).

Lekin Imam Qiraqi rahmatullahi alaih ne farmaaya ke agar 50 saal ke baad khoone aaye to ehtiyaatan aurat namaz, roza adaa na kare aur roze ki qaza kar le aur agar 60 saal ke baad khoon aaye to ishkaal(doubt) duur ho gaya (yaani wo haiz nahi hai).

Agar haamela(pregnant) aurat khoon dekhe to wo haiz nahiN hai lekin haamela ko chahiye ke khoon band hone ke ibaadat kare. Agar bache ki paidayesh se ek ya do din pehle aurat khoon dekhti hai aur kisi alaamat se yeh saabit ho jaaye ke wo khoon wiladat ka tha to wo khoon e nifaas maana jaayega.

HAIZ, TOHR KI MUDDAT

Haiz ki kam se kam muddat 1 din aur raat yaani 24 ghanTe hoti hai aur zyaada se zyaada muddat 15 din aur raateN haiN. Aksar aurtoN meiN haiz ki muddat 6 din aur raateN dekhi jaati hai.
Haiz ke baad jo paaki ka zamaana hota hai wo tohr kehlaata hai. Yeh tohr do haiz ke darmiyaan hota hai. Is ki kam se kaam muddat 13 din hoti hai. Iski zyaada se zyaada muddat ki koi hadd nahi hai.
Yeh mumkin hai k ek aurat ko ek maheene (30din) meiN 3 haiz aur do tohr aayeN. Wo is tarah ke haiz ek din aaye, phir 13 din tohr ho phir 1 din haiz aaye, phir 13 din ka tohr ho aur phir 1 din haiz aaye.
Tohr ke saabit hone ke liye yeh zaroori hai ke aurat jo kapDa ya ruuyi farj(sharmgaah) meiN rakhti hai aur us meiN koi tabdeeli na aaye.

MUHARRAMAAT E UMR

Haiz ke dinoN meiN chand cheezeN karna haraam haiN:

1. **HAIZ WAALI AURAT KI FARJ MEIN JIMA (SEXUAL INTERCOURSE) KARNA HARAAM HAI**. Agar koi mard sirf zakar(penis) ka agla hissa(hashfa) bhi haiz waali aurat ki farj meiN daaqil karta hai to kaffara dena laazim hai. Kaffara ek ya aadha deenar(3gm silver) sadqa dena hoga. Maaloom hua ke haiz waali aurat ki farj meiN jima karne se na sirf gunahgaar hoN ge balke kaffara bhi dena hoga. Lekin agar kaffara dene ki iste'taa'at nahiN hai to kaffar saaqit ho jaayega. Agar aurat mard ke saath jima meiN itaa'at karti hai to us ko bhi kaffara dena hoga. Agar aurat ko jabr(force) kiya jaaye to usko kaffara dene ki zaroorat nahiN hai. Lekin mard chaahe jaan boojh kar kare ya nadaani se kare us ko kaffaara dena laazim hai.
   Agar kisi mard ko itni shehwat ho ke us ko qussiyataiN (testes) phaTne ka qauf ho aur us ki biwi ka haiz jaari ho aur koi dusri biwi na ho aur baGair jima ke shehwat duur nahi hoti hai to uska haalat e haiz meiN jima karna jaayez hai. Haiz waali ko choona, uska bosa lena jaayez hai.

2. **HAALAT E HAIZ MEIN AURAT KO TALAAQ DENA HARAAM HAI**

3. **HAALAT E HAIZ MEIN NAMAZ PADHNA HARAAM HAI:**Haiz ke dinoN meiN jo namazeN chooT jaati haiN unko qaza karne ki bhi zaroorat nahi hai. Aksar aurtoN ko 6 din har maah haiz aata hai, goya har maah 30 namazeN chooT jaati haiN, agar in namazoN ki qaza karne ka hukm diya jaaye to aurtoN ko deegar masroofiyat ke saath har maah 30 namazeN adaa karna baayes e mashaqqat ho sakta hai. Shareeyat ko yeh gawaara nahi hai ke aurat ko har maah itni mashaqqat meiN daala jaaye.

4. **HAALAT E HAIZ MEIN ROZA RAKHNA HARAAM HAI:** Lekin ramazan ke maheene meiN jo roze chooT jaayeN unki baad meiN qaza karna zaroori hai.

5. **HAALAT E HAIZ MEIN TAWAAF KARNA HARAAM HAI**

6. **HAALAT E HAIZ MEIN QURAN KO CHOONA YA USKI TILAWAT KARNA HARAAM HAI:** agar kisi aurat ko quran e shareef ke bhool jaane ka qauf hai to haalat e haiz meiN bhi quran paDhna waajib hai.

7. **HAALAT E HAIZ MEIN MASJID MEIN TEHERNA HARAAM HAI:** Agar aalodgi ka quad ho to masjid meiN se guzarna bhi mana hai.

HAIZ KE RUKNE KE BAAD KE MASAYEL

Haiz ke baad tahaarat haasil karna, Gusl karna, namaz adaa karna waajib ho jaata hai. Agar koi musalamaan aurat haiz rukne ke baad Gusl se inkaar karti hai to uska shohar usko gusl karne ke liye jabr kar sakta hai. Koi kaafir aurat gusl karne se inkaar kare to agar mumkin ho to usko bhi gusl ke liye jabr kiya jaaye. Agar koi deewaani aurat ho to dekh bhaal karne waali ko uski taraf se Gusl ki niyyat karni chaahiye.

HAIZ KE RUKNE KE BAAD GUSL SE PEHLE KE MASAYEL

1. Haiz rukne ke baad Gusl karne se bhi pehle aurat ko roza rakhna jaayez hoga, isliye ke roze ke liye tahaarat shart nahi hai jaisa ke haalat e janaabat(sexual intercourse karne ke baad ki haalat) meiN bhi roza rakha jaa sakta hai.
2. Haiz rukne ke baad Gusl karne se bhi pehle aurat ko talaaq dena jaayez ho jaayega.Haalat e haiz meiN jo talaaq dene ki hurmat thi wo haiz qatm hone ke saath qatm ho gayi. Haiz meiN talaaq dene se iddat lambi hone ke qauf se talaaq dena haraam hua tha lekin ab haiz qatm ho gaya hai to talaaq dena bhi jaayez hoga.
3. Haiz rukne ke baad Gusl karne se bhi pehle aurat ko masjid meiN wuzu kar ke tehrena jaayez hai.
4. Namaz adaa karna, jima karna, quraan ko haath lagana, tilawat e quraan karna,etc Gusl karne ke baad hi jaayez hoN ge.

HAIZ KI AADAT

Haiz bataur aadat aata hai lekin har aurat meiN aadat ek jaisi nahi hoti hai. Kabhi ek aurat ki puraani aadat tabdeel ho kar nayee aadat qayem ho jaati hai. Lehaza aadat ki tafseelaat samajhna zaroori hai.

Kisi aurat ki haiz ki aadat us ke haiz, tohr, maheena maaloom hone aur uski takraar(repeatition) hone se maaloom ho sakti hai. Kisi aurat ka maheena us ke haiz aur tohr ko milaa kar kaha jaata hai. Haiz ki kam se kam muddat ek din hai aur tohr ki kam se kam muddat 13 din hai, lehaza kisi aurat ka kam se kam maheena 14 din ka ho sakta hai. Maheene ki zyaada se zyaada muddat ki koi hadd nahi hai.

Jis ko purani aadat na ho(jaise pehli baar haiz waale laDki) us ko tameez(tameez=khoon ke muqtalif rang, boo aur qiwam ke darmiyan farq karna) se bhi aadat saabit ho sakti hai. Agar pehli baar haiz waali laDki 5din kaala aata hai aur agle 10dinoN se zyaada tak laal khoon aata hai (5din +10 din se zyaada =15 din se zyaada), phir isi tarah agle do maheene meiN 5din kaala khoon aur 10 din zyaada laal khoon aata hai, phir chouthe maheene meiN mubham(undifferentiated) khoon aata hai, to us laDki ke haiz ke din kaale khoon aane ke 5 din honge aur 10 din se zyaada laal khoon aane ke din istehaaza ke hoN ge.

AADAT KI QISMEN

MUTTAFIQA: Is qism waali aurtoN ko har maheene meiN muqarrara din hi haiz aata hai. For example: har maheene mein 5din khoon aana.

MUQTALIFA: For example: ek aurat ko pehle maheene meiN 3din khoon aaye phir doosre meiN 4din aaye phir teesre meiN 5din aaye, phir 4^{th},5^{th} aur 6^{th} maheene meiN 3din, 4 din aur 5 din khoon aata hai. Yaani 3din, 4 din aur 5din ki aadat har teen maheenoN meiN qayem rehti hai to yeh us aurat ki aadat hogi.

Agar 3din, 5din aur 4 din har teen maheenoN bataur aadat khoon aaye, ya isi tarah aur koi dusri aadat ho jis ke pattern ko samjha jaa sakta ho, wo muqtalifa aadat hogi.

Agar aadat ke pattern samajh meiN na aaye, to us andaaze ki taraf Gour karna chahiye jis se takraar(repeatition) ho rahi hai. For example, ek aurat ko pehle maheene meiN 3din, doosre maheene meiN 4din khoon aata hai, teesre maheene meiN 5din khoon aata hai, to us aurat ki aadat 3 din maani jaayegi kyuN ke 3 din ki takraar pehle maheene(3+0 din), dusre (3+1 din) aur teesre maheene(3+2 din) meiN ho rahi hai. Agar 4th maheene meiN 6din khoon aaye to us ki aadat 4 din maani jaayegi kyuN ke 4 din ki takraar dusre maheene(4+0 din), teesre (4+1 din) aur 4th maheene(4+2 din) meiN ho rahi hai. Aur Agar 5th maheene meiN 7din khoon aaye to us ki aadat 5 din maani jaayegi kyuN ke 5 din ki takraar teesre maheene(5+0 din), 4th (5+1 din) aur 5th maheene(5+2 din) meiN ho rahi hai.

PEHLI BAAR HAIZ WAALI LADKI

Agar koi laDki pehli baar khoon dekhti hai aur wo 9saal ya us se zyaada umr ki hai to uska khoon e haiz hona mumkin hai. Agar wo khoon ek din aur ek raat(24hours) se pehle qatm ho jaaye to wo khoon e fasaad hai aur khoon e haiz nahi hai, aur agar wo khoon ek din aur ek raat(24hours) tak aaye to wo khoon e haiz hai, kyuN ke haiz ki kam se kam muddat 24 ghanTe yahaaN poori ho gayi hai. In 24 ghanToN meiN us laDki ko muharramaat haiz (namaz, roza, quran ki tilawat,etc) se bachna chahiye.

Agar 24 ghanToN ke baad khoon aana band ho jaaye to us laDki ko Gusl kar ke ibaadat karne ki ijaazat hogi. Agar 24ghanToN ke baad khoon nahi rukta hai to us laDki ko Gusl kar ke ibaadateN adaa karna chahiye. chuN ke ibaadatoN ke wajib hone ka yaqeen hai aur ek din se zyaada jo khoon aa raha hai us ke haiz hone meiN shakk hai (kyuN

ke us laDki ko pehli baar haiz aa raha hai aur koi puraani aadat nahi hai jis se yaqeeni taur par maaloom ho ke uske haiz ki muddat ka ek din se zyaada hona maaloom ho). Yaqeen ko shakk qatm nahiN kar sakta hai, lehaza yaqeen par amal kiya jaayega, yaani khoon aane ke bawajood ibaadat adaa kii jaayegi. Agar khoon 15 din se pehle qatm ho jaata hai to us ko dusri baar phir Gusl karna chahiye.

Agle maheenoN meiN bhi aise hi kiya jaana chahiye, yaani khoon aane ke pehle 24 ghanToN tak ibaadateN nahi karna chahiye, phir Gusl karke ibaadateN karna chahiye aur agar 15 din se pehle khoon ruk jaaye to khoon rukne ke baad dobaara Gusl karna chahiye.

Agar 3 maheenoN tak ek hi muddat qayem rahe to uske haiz ki aadat saabit ho jaayegi. For example: pehle,dusre aur teesre maheene meiN agar us ko 5din khoon aaye to us ke haiz ki aadat 5 din saabit ho jaayegi. Ab jab aadat saabit ho gayi to usko chahiye pehle teen maheenon meiN dusre,teesre, chouthe aur paanchweN dinon meiN jo roze rakhe the unki qaza karle, kyuN ke wo din haiz ke the aur haiz ke dinon meiN namaz to saaqit ho jaati hai magar roza ki qaza karna chahiye.

HAIZ KI AADAT MEIN TABDEELI

Jab kisi aurat ki aadat qaayem ho jaati hai to aadat ke dinoN meiN khoon qaak ke rang ka aaye ya peele rang ka aaye sab haiz meiN shumaar kiya jaayega.Haiz ki aadat meiN tabdeeli ki teen soorateiN hai:

1. **TOHR HAIZ KE DIN QATM HONE SE PEHLE AA JAAYE**
2. **KHOON AADAT SE HAT KAR PEHLE YA BAAD AAYE**
3. **AADAT KE SAATH WO KHOON AAYE KE USKI AUR HAIZ KI POORI MUDDAT 15DIN SE ZYADA HO**

1. TOHR HAIZ KE DIN QATM HONE SE PEHLE AA JAAYE : Is ka matlab yeh hai ke haiz jald qatm ho jaaye. Agar kisi aurat ki aadat har maheena 8din haiz aane ki hai aur kisi maheene meiN 5din khoon aane ke baad khoon ruk jaaye to us aurat ko gusl kar ke namaz adaa karna chahiye. Agar agle dinon meiN usko khoon na aaye to chaTweN din se sab din tohr(paaki) ke din shumaar hoNge. Lekin agar 7weN din khoon phir se aa jaaye to 6weN din khoon na aane ka etebaar nahi hoga aur yeh saare din haiz ke hi shumaar honge.

2. KHOON AADAT SE HAT KAR AAYE: Is qism ki mazeed do soorateN hai.

a) Pehli soorat yeh ke khoon aadat ke dinoN ke pehle ya baad bhi aaye. For example: Ek aurat ko 5weeN taareeq se 10weeN taareeq tak khoon aane ki aadat thi. Lekin ek maheene meiN chouthi taareeq se 10weeN tareeq tak khoon aa jaaye, to yeh aadat qayem rehte hue ek din pehle khoon ka aana hua. Lekin maan lije agar usko 5weeN taareeq se 11weeN taareeq tak khoon aata hai to yeh aadat qayem rehte hue ek din baad khoon aana hua.
b) Doosri soorat yeh hai ke haiz ke thoDe ya poore dinoN meiN tohr aa jaaye. For example: Ek aurat ko 5weeN taareeq se 10weeN taareeq tak khoon aane ki aadat thi. Lekin ek maheene

meiN 31weeN taareeq se chouthi taareeq tak khoon aa jaaye to goya tohr(paaki) ke din haiz ke poore dinoN meiN aa gaya. Lekin maan lije agar usko doosri taareeq se 7weeN taareeq tak khoon aa jaaye to goya tohr(paaki) ke din haiz ke thoDe dinoN meiN aa gaye.

Upar bayaan ki hui saari sooratoN meiN kya karna chahiye is baare meiN fuqaha ke do giroh(groups) hain. Pehla group yeh kehta hai ke jin dinoN meiN khoon aadat se haT kar aaye un meiN aurat na baithe (yaani un dinoN ko haiz ke din shumaar na kare) hatta ke takraar (repeatition) ho. Is ka matlab yeh ke aurat ko chahiye ke wo puraani aadat ke dinoN ko haiz ke din maan kar un meiN namaz, roza, etc adaa na kare aur jo naye dinoN meiN khoon aa raha hai un ko haiz ke din na mane, agar agle do maheenoN meiN isi tarah naye dinoN meiN khoon aayega to yeh haiz ki nayi aadat maani jaayegi.

Dusra giroh(group) yeh maanta hai ke haiz mein aadat ke bajaaye tameez ka etebaar hoga kyu ke Ummul Mumineen Hazrat Ayesha Siddiqa RA farmaati thi jab tak safaid paani na dekho tab tak namaz adaa na karo. Yaani safaid paani kaa aana haiz ke qatm hone ki alaamat hai. Is ka matlab yeh hai ke aadat se haT kar bhi khoon aaye to us ka haiz hona mumkin hai. Fuqaha yeh kehte haiN ke haiz ke aksar masayel meiN urf(awaam ki aam bol chaal) par amal kiya jaayega, aur urf meiN haiz ke din baDhte aur ghaT'te haiN, kabhi taareeq se aage bhi baDhte haiN aur kabhi peeche haT'te bhi haiN.

3. AADAT KE SAATH WO KHOON AAYE KE USKI AUR HAIZ KI POORI MUDDAT 15DIN SE ZYADA TAK HO: Yaani aadat aur us ke saath aane waale khoon ki muddat (donoN ko milaa kar) 15din se zyaada tak ho. {Jo khoon aadat se haT kar 15 dinoN se zyaada aa raha us ko istehaaza kehte haiN. Jis ki tafseel agle saf'haat(pages) meiN aane waali hai.} Aisi soorat meiN aurat ko apni aadat yaad hogi ya yaad nahi hogi.

i. **AADAT YAAD HAI:** Is soorat meiN tameez hogi ya nahi hogi. Tameez aadat ke khoon aur dusre khoon meiN un ke rang aur qiwaam(viscosity) ke zarye farq kar paane ko kehte haiN. Agar tameez na ho to aurat aadat ke mutabiq haiz ke dinoN meiN baiTh jaayegi aur aadat ke din qatm hone ke baad Gusl kar ke namaaz,roza,etc adaa karegi.

Agar tameez hogi to fuqaha ka ek giroh yeh kehta hai aadat par amal karna chahiye. Lekin Imam Qiraqi farmaate haiN ke tameez par amal kiya jaayega. For example, ek aurat ko 5din tak kaala khoon aata hai aur agle din 10din tak laal khoon aata hai to jo kaala khoon hoga wo haiz ka khoon maana jaayega, is liye shuru ke paanch din haiz ke din mane jaayeNge

ii. **AADAT YAAD NAHI HAI:** Agar tameez hogi to tameez par amal kiya jaana chahiye, jaisa ke pehli baar haiz wali laDki ke bayaan meiN guzar gaya hai.

Agar tameez nahi hogi to is soorat ki mazeed teen qismeiN haiN:

a) **AURAT KO HAIZ KA WAQT BHI YAAD NA HO AUR ADAD BHI YAAD NA HO:** (Waqt se muraad haiz ki taareeq hai aur adad se muraad haiz ke din haiN) Aisi aurat ko MUTAHAYYAZAH kehte haiN. Mutahyyaza ko chahiye ke wo aksar aurtoN ki haiz ki aadat par amal kare, yaani wo aurat yeh maanegi ke usko 6-7din haiz aata hai. Ab raha Waqt, to wo aurat ko yeh maanna chahiye ke usko har maheene ki pehli taareeq se haiz aata hai.

Kabhi aurtoN ko tareeq to yaad nahi hoti hai magar yeh andaaz hota hai ke maheene ke pehle pandra ya aaqri pandra dinoN meiN haiz ke din hai. Baaz fuqaha yeh kehte haiN ke aisi soorat meiN aurat apne andaaze se pehle ya

aaqri paandra dinoN meiN se kisi ek din ko haiz shuru hone ka din muqarrar kar le.

b) **ADAD YAAD HAI, WAQT YAAD NAHI HAI:** Har maheene ki pehli taareeq se aurat apne haiz ki ginti shuru kar sakti hai. Agar aurat ko yeh andaaza hai ke maheene ke pehle dus dinoN meiN ya dusre ya teesre dus dinoN meiN haiz aata tha to in dinoN meiN aurat haiz ke din shumaar kar sakti hai.

c) **WAQT YAAD HAI, ADAD YAAD NAHI HAI:** Is qism meiN mutahayyaza ki tarah amal kiya jaana chahiye. Yaani us ko chahiye ke wo aksar aurtoN ki haiz ki aadat par amal kare, yaani wo aurat yeh maanegi ke usko 6-7din haiz aata hai. Agar us aurat ko apne haiz ka pehla din yaad hai, to us din se 6-7 din haiz ke shumaar karna chahiye. Agar haiz ki aaqri taareeq yaad hai to us din se pehle 6-7 din haiz ke shumaar karna chahiye.

HAIZ KI AADAT KA YAAD AA JAANA: Jab aadat yaad aa jaaye, to jo din haiz ke the aur unko haiz ke nahi maana tha to un dinoN ke rozoN ki qaza kar lena chahiye. Aur jo haiz ke din nahi the agar un ko haiz ke din maana tha to un dinoN ki namazeN,roza qaza kar lena chahiye.

ISTEHAAZA KA BAYAAN

Istehaaza wo khoon hai jo be-waqt rahm(uterus) ke bajaaye rag e aazil se aata hai. Kabhi yeh khoon haiz ke dinoN ke baad aata hai aur is ki muddat 15 dinoN se baDh jaati hai. Haiz aur istehaaza mein farq karne ka tareeqa pichle safhaat(pages) meiN guzar gaya hai.

ISTEHAAZA KE AHKAAM

Istehaza ka khoon wo najasat hai jo baGair aadat ke aa raha hai. Agar haiz ke saath istehaaza aaye to haiz ke qatm hone ke baad Gusl kar ke namaz ka iraada kar lena chahiye. Ab us ko apni sharmgaah ko dho ke, koi kapDa,rui baandh lena chahiye, phir wuzu kar ke namaz adaa karna chahiye. Dusri namaz ke waqt dobara sharmgaah dhona zaruri nahi hai (kyu ke is khoon ka rukna mushkil hai aur har baar sharmgaah ko dhona takleef deh hai), balke sirf wuzu kar ke namaz adaa kar lena chahiye. Isi tarah har namaz se pehle wuzu karna zaruri hai.

Isi qism ke dusre uzr waale log (jisko baar baar peshaab ke qatre be-eqteyaar qaarij hojaate hoN, jis ko peep, mazi, nikal rahi ho) sharmgaah dho kar, kapDa band kar namaz adaa kareN aur har namaz se pehle wuzu kar leN.

Istehaza waali aurat ko wuzu meiN namaz ki niyyat karna chahiye aur hadas(be-wuzupan) duur karne ki niyyat nahi karna chahiye. Us ko wuzu namaz ka waqt shuru hone ke baad karna chahiye aur yeh wuzu namaz ka waqt qatm hone ke baad apne aap TooT jaayega. Agar koi aurat sharmgaah dho kar ek namaz ke liye wuzu karti hai aur dusri namaz tak sharmgaah se koi khoon qaarij nahi hota hai to us wuzu se dusri namaz bhi adaa kii jaa sakti hai.

Agar din meiN koi ek waqt aisa bhi aata hai jis meiN khoon nahi aata hai to us waqt ko namaz ki adaayegi ke liye qaas kar lena chahiye taa ke us waqt meiN mukammal taharat ke saath namaz adaa ho sake.

Istehaaza waali aurat se jima(sexual intercourse) karna haram hai, lekin kaffaara dena lazim nahi hai. Agar shehwat zyaada hai aur zina ka qauf ho to jima karne meiN muzaayeqa nahi hai.